



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Bednarsch, Roland

Club: Die Sinntalläufer
Number: 203

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:01:01

Speed: 7.68 km/h
Running performance: 7:47 min/km

Rank in course/Total: 58 (of 246)

Rank in course/Men: 54 (of 215)

Best time in course: 8:53:45

Rank in category: 17(of 37)

Best time in the category: 9:49:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:50:08	6:12	11	39:11	41	39:11	27.39	2:50:08	6:12	11	39:11	41	39:11
Floh-Seligenthal	27.74	3:14:41	7:01	21	53:01	77	53:01	55.13	6:04:49	6:37	17	1:32:12	54	1:32:12
Finsterbergen	22.03	3:28:53	9:28	21	1:03:06	79	1:39:19	77.16	9:33:42	7:26	18	2:25:28	62	2:49:19
Fröttstädt	23.06	3:27:19	8:59	12	58:05	43	1:17:57	100.22	13:01:01	7:47	17	3:11:34	54	4:07:16